

## ABSTRACT

### ~~TRAINING APPARATUS~~

A training apparatus usable as a training aid for sports such as football (American "soccer"), basketball, field hockey etc. There is provided a training apparatus comprising a number of substantially rigid targets arranged around a training area. The targets may be separated, and a retaining device provided therebetween. The targets may be arranged on a base member, and be movable relative to the base member. The targets may be in the form of mannequins simulating teammates and possibly also opponents of the trainee.